



West Windsor Twp. Police Department



Physical Fitness Test

MALE		
TEST		SCORE
Mile Run	6 Minutes	100 pts
Pull Ups	18	100 pts
Push Ups	35 in 30 seconds	100 pts
Sit Ups	35 in 35 seconds	100 pts
Equipment Carry Run	Compared to Best Time of Day	100 pts
Dummy Drag	Compared to Best Time of Day	100 pts
Swim	Two (2) Lengths of Pool (No Time)	Pass / Fail

**** Note: PHYSICAL TEST WILL BE CONDUCTED WITH NO REST IN BETWEEN EXERCISES ****

FEMALE		
TEST		SCORE
Mile Run	7 Minutes	100 pts
Pull Ups/Flex Arm Hang	10 repetitions / or 70 seconds	100 pts
Push Ups/Modified Push Ups	25 / or 35 Modified in 30 seconds	100 pts
Sit Ups	35 in 35 seconds	100 pts
Equipment Carry Run	Compared to Best Time of Day	100 pts
Dummy Drag	Compared to Best Time of Day	100 pts
Swim	Two (2) Lengths of Pool (No Time)	Pass / Fail